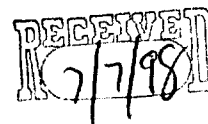


3407 '98 JUL 20 P1:46

June 30, 1998



Office of Special Nutritionals (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as a 30-day notification, pursuant to 403(r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product manufacturer: Changes International, 1008 Airport Road, Suite E, Destin, FL 32541
Nutritional support claim being made: Nutritionally supports feelings of well-being
Dietary supplement ingredient: St. John's wort herb standardized extract (0.3% hypericin)
Product brand and name: Changes Brighten Up™

As required, enclosed are two photocopies of this notification.

Sincerely,

Neil Blechman


Executive Vice-President
Twin Laboratories Inc.

97S-0162

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